**<http://www.aaaai.org/ask-the-expert/almond-milk-peanut-allergy.aspx> 8/29/14**

**Safety of drinking almond milk in the presence of someone with allergy to nuts**

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Q:

4/7/2014  
I was asked if a person can drink almond milk around someone with a nut allergy.

A:

Thank you for your inquiry.  
  
In order for a food allergen to produce an adverse reaction, the food has to gain access to the systemic circulation. It is known, for example, that peanut allergic children can touch peanut butter without a problem as long as there is no open scratch and no ingestion of the peanut butter. Thus, it would be safe for someone to drink almond milk in the presence of an individual allergic to nuts.  
  
Thank you again for your inquiry and we hope this response is helpful to you.  
  
Sincerely,  
Phil Lieberman, M.D.